



## PATIENT & CAREGIVER EDUCATION

# **Young Adult Workshop: Autumn Luminaries**

In this virtual session, connect with other young adult patients while creating your own mason jar luminaries to decorate for the fall season. Discover the benefits of connecting with nature and learn mindfulness techniques. Supplies will be mailed to those who register by Wednesday, October 12<sup>th</sup>.

Open to patients ages 18-39.